



# CONCEPT OF PRAKRITI IN AYURVEDA AND ITS IMPORTANCE- A CRITICAL REVIEW

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## ABSTRACT

Prakriti represents the proportion of „Doshas“, which represents the ideal state of balance, and it serves as the goal for us to strive toward. It will manifest in us throughout our life time through our physical characteristics, natural urges, likes and dislikes, and psychological preference. Prakriti means manifestation of special characteristics due to predominance of Doshas (Vata, Pitta and Kapha the functional component of body). All the physiological process are directly controlled by Vata-Pitta and Kapha (three body humors) and Mansika Doshas (functional psychic factors) thus healthy status can be maintained by maintaining normality of Prakriti. By knowing the Prakriti, one will know about the strength of a person to combat with the lifestyle diseases as person having equilibrium in Prakriti is said to be having best immunity and strength.

**KEYWORDS:** Prakriti, Doshas, Health

## INTRODUCTION

The holistic medical science of Ayurveda places a strong emphasis on maintaining healthy people's well-being and curing disease in those who already have it. The therapeutic potential of Ayurveda is attracting attention since it explains how to prevent diseases, such as lifestyle issues, in addition to managing different illnesses. Ayurveda offers a better way to solve problems through correct food management, lifestyle recommendations, bio-purification and detoxification techniques like Panchakarma, medications, and rejuvenation therapies. According to Acharya, Prakriti—the Doshic constitution (predominance) that was present at birth—remains unchanged from birth to death for all living things. According to Acharya Sushruta, the determination of Prakriti occurred during the union of the male and female gametes, also known as fertilisation or conception. For instance, if Vata dosha predominates (quantitatively & qualitatively) over Pitta and Kapha at the time of birth, we refer to that person as having Vataja Prakriti. An individual's anatomy, physiology, psychological, and immunity are all impacted by their predominant vata dosha. Properties influence how features are perceived. Lifestyle modification and intervention based on concept of prakriti is helpful to maintain health of individual and prevention of illness. Based on the concept of prakriti the line of treatment and the combination of medicine and drugs can be modified for better and fast results. It acts as a personalized prevention and personalized medicine and thereby helps to overcome various health problems and also to cure diseases in better way and also to overcome lifestyle disorders.

**AIMS AND OBJECTIVES** To study different types of Prakriti described in various Samhitas and importance of their knowledge. It is said that the:

**Types of Prakriti** Types of Prakriti in Ayurvedic texts many types of classification has been described for Prakriti. These are as follows. 1. Doshaja/Deha Prakriti 2. Manasa Prakriti 3. Bhautika Prakriti 4. Jatyadi Prakriti

**A. Doshaja Prakriti** 1. Vataja 2. Pittaja 3. Kaphaja 4. Vata-kaphaja 5. Pitta-kaphaja 6. Vata-pittaja 7. Vata-pitta-kaphaja (Samadoshaja).

**Mansik Prakriti** 1. Sattvika 2. Rajasic 3. Tamasic

**Bhautik Prakriti** 1. Nabhas 2. Vayvya 3. Aagneya 4. Jaliya 5. Parthiv

**Jatyadi prakriti** -Jatiprasakta (racial peculiarities) 2. Kulaprasakta (familial predisposition) 3. Deshanupatini (demographic) 4. Kalanupatini (Seasonal effect) 5. Vayonupatini (natural changes according to age) 6. Pratyatmaniya

## Prakriti Definition

१. प्रकरोतिप्रकृतिः
  २. तत्त्वान्तरोपादनप्रकृति
  ३. सत्त्वजस्तमसोसाम्यावस्थाप्रकृति
- To estimate the Sharir Bala and Roga

Physician must have idea about some standard measure. These are explained in prakriti.

The nature i.e Swabhava of person is called as prakriti mean (bala parman vishes gharan hetu).

The swabhava is having different meaning viz-inheritance property, temperament, constitution.

Being a human is only similarities but every human is different from each other in many respects.

Hence human beings are grouped into seven types on the basis of somatic humors predominance.

## Prakriti Utpatti

शुक्रशणितसंयोगयोगवेदोषरक्तदः। प्रकृतिर्जायते तेन तस्यामे लक्षणं शृणु ॥ (सु.शा. ४/६२)

## Formation of Prakriti-

Formation of Prakriti Prakriti is formed by the Utkatata (predominance) of one, two or all three Doshas at the time of union of Shukra (sperm) and Shonita (ovum) in the Garbhashaya (uterus). For example, at time of birth if Vata Dosha is predominant as compare to Pitta and Kapha, then individual is having Vataja Prakriti. Predominant Vata Dosha affects anatomy, physiology, psychology & immunity of that person. Features are seen according to properties & functions of Vata Dosha. Sushruta has explained that the insect born in the poison does not die due to its own poison similarly Dosha that is dominant according to one's Prakriti does not harm person.

Prakriti is a group of characteristics inherited by an individual formed at the time of conception. The Dosha which is predominant at the time of conception, that type of prakriti is formed with laxanas of predominant Doshas.

Apart from this Doshic predominance some scholars classified prakriti on the basis of Bhuta and some Psychic behaviour. Hence Prakriti can be mainly classified into three type.

- 1 -Doshaja Prakriti - 7 types
- 2 – Bhoutika Prakriti -5 types
- 3 –Manasa Prakriti -3 types

## Doshaja Prakriti

सप्तप्रकृतयो भवन्ति दोषैः पृथग्द्विशः समस्तैश्च (सु.शा. ४/६१)

These seven types prakriti's can be again grouped under three group:

- (1)- Ekadoshaja Prakriti:
- (2)- Dwidoshaja Prakriti: Bi humeral prakriti, admixture qualities of any two Doshas.

This prakruti is also of three types.

- (a)- Vatajittaj
- (b)- Pittajkaphaja
- (c)- Kaphavataj

(3) Samaprakruti - Having all doshas in equal proportion.

On the basis of strength, immunity, health in Ekdoshaja Prakruti Kaphaja is best, Pittaj is moderate, Vata is least. As a whole. Samaprakruti is best

Doshaja prakruti is moderate and ekdoshaja prakruti is least one.

#### Vata Prakruti Lakshanas –

अल्पकेशः कृशोरुक्षोवाचालचलमानसः ।  
आकाशचारीस्वप्नेषुवातप्रकृतिकोनरः ।। (शा.पू. ६/२०)

Appearance: Dry, wasted, small body with prominent veins and tendons, voice is long down, dry low, broken, hollow and horse.  
Restless movement of joints, eyes, eyebrows, jaws lips, hands, feet etc.  
Rough hair, nails, teeth, cracked limbs, joint produces sound while walking.

#### Diet: -

Uses habitually sweet, sour, pungent Rasa like hot food, quantity of food is less, intolerance of cold.

#### Manasika Lakshanas: -

Always wakeful, inconsistent behaviour, variation of mood, quick in grasping and forgetting, ungateful jealous, thievish unsteady in friendship, quickly affected by fear. Like music, gambling and hunting. short temperature, grinds in teeth during sleep.

Vata Prakruti Purushas are having less strength, short life span, less wealth and progeny. According to Susruta these persons nature resembles the nature of goats, jackals, rats, camels, dogs, crows, asses. These persons dreams as if flying in the sky, jumping from the height etc .

#### Pitta Prakruti Lakshanas:-

अकालेपलितैव्यक्तोधीमान्स्वेदीचरोष्णः ।स्वप्नेषुज्योतिषांद्रष्टापितप्रकृतिकोनरः ।। (शा.पू. ६/२१)

Appearance:- Soft dedicated body with many moles, spots and pimples flabby and soft joints and limbs, color of body is Gourvavrana, nails, eyes, tongue, palate, lips palm and sole are coppery colour . Eyes are small and unsteady with less lashes, desire of cold things, profusely sweating with strong offensive smell from the body. Frequently passing urine and faeces. Early wrinkles, grey hair and baldness, less hairs with brownish colour and soft.

#### Diet:-

More hunger and thirst, takes huge quantity of food and drinks. Likes sweet, astringent, bitter and cold food.

#### Manasika Lakshanas-

Incapable to bear suffering, irritable temper, intelligent and scholar quick grasping mind, make lengthy speech, brave, never overpowered by fear, dislike sunlight and hot things.

These people having moderate knowledge, experience, wealth, strength, and life span. small quantity of semen. Limited sex appetite and offspring. According to SUSURUTA these people nature resembles those of Serpent, Gandharva, Yaksha, Cat, monkey, tiger, bear, dreams lightings, flashes, fire, red flowers etc.

#### Kapha Prakruti Lakshanas:-

गम्भीरबुद्धिःस्थूलांगस्निग्धकेशीमहाबलः ।  
स्वप्नेजलाशयालोकीश्लेष्मप्रकृतिकोनरः ।। (शा.पू. ६/२२)

#### Sharirika Lakshanas :-

Pleasant look, dark, complexion, firm and well interlocking joints ,stable and strong body ,attractive appearance , smooth ,plump and rounded limbs ,stable movements ,deep thundering voice ,talk less ,strong ,curly ,black ,plenty of hairs ,sleep more ,eyes are red with slight red things in the corner . He has frofused semen more desire for sexual act, more children, very little perspiration.

#### Diet :-

Less hunger and thirst. Always feeling sweet taste over the tongue. He like bitter, astringent, pungent and hot foods, Kanistha Ahara Matra .

#### Manasika Lakshanas :-

He is self-controlled, forbearing, unselfish and strong mentality. He has no hurry in taking decisions and giving opinions. He is fast in his enmity but unflinching and unchanging in his friendship. He is grateful, humble and not having excessive desire towards worldly things. He bears hunger, thirst, suffering and sunlight. He has a dignified nature, respectful towards his superiors, obedient to his teachers, make large gifts after long deliberation .

Kapha Prakruti Person 's possesses good strength, wealth, knowledge vitality, gentleness and long-life span. He dreams large takes with lotus, swans and goose. According to SUSURUTA his nature is similar to those of gods, lion, horse, elephant, horse, bull, eagle.

Charaka considers that the unihumal prakruti are to be as a disease. Because if any indulge in the diet article which provokes the particular humar. They easily suffer from the disease with greater severity for unhumal person should strictly follow the Ayurvedic regims regularly.

#### Bhoutika Prakruti:-

प्रकृतिमिह नराणां भौतिकी केचिदाहुः, पवनदहनतौ यैः कीर्तितास्तास्तुतिस्त्रः  
स्थिरविपुलशरीरः पार्थिवक्षमावान् शुचिरचिरजीवी नामः खेदभिः ।।

SUSRUTA classified the Prakruti ON The basis of predominancy of their basic factors.

1. Nabhasa Prakruti- This prakruti person are religious minded and long lived.
2. Vayavya Prakruti - similar to vata prakruti
3. Agneya Prakruti -similar to pitta prakruti
4. Jaleeya Prakruti- similar to kapha prakruti
5. Parthiva Prakruti- This prakruti person is solid built physic and has a big social standing.

#### Manas Prakruti Lakshnas :-

On the basis of predominancy of TRIGUNAS manas prakruti are classified. Because of MANAS is of trigunatamka.

- i. Satiwaka Prakruti
- ii. Rajas Prakruti
- iii. Tamas prakruti

In these Prakruti Satwika Prakruti is good ,Rajas Prakruti is moderate , Tamas Prakruti is least one .

#### Satwika Prakruti Lakshanas :-

In this prakruti Satwika Guna is predominant. Due to this, these persons are pure and fine. Satwa Guna is element of goodness and happiness. This Satwika prakruti is again divided into 7 types :

1. Brahmakaya -  
These person conducts are clear ,belives in the god ,reads vedas constantly .Worship the god having regards with great respects in the elder and instructors. Celebrate the religious customs .
2. Mahendra Kaya -  
These person are having more valuar, commands, continuous and constant discussion on Shastra. Maintain the searvents and dependents.
3. RISHI KAYA :-  
These person are always multering mantra and Players. Observing religious morality. They are refrain from indulging in sexual conversions. Always studying and full of all kind of knowledge.
4. Kauvera Kaya: -  
These person are capable for settlement of a disputes, ability to withstand prolonged strain. They involved in earnings and accumulation of wealth .
5. Gandharva Kaya :-  
These person loving garlands, perfumes ,dance ,music and enjoyments .
6. Varuna kaya :-  
Likes cold things ,golden hairs ,sweet speech are the characters of this kaya .
7. Yamyasa kaya :-  
These person are free from anger ,fear ,jealousy and illusions .These person are prompt, clear and retentive

#### Rajasika Kaya Lakshanas -

This Kaya person are Rajo Guna Predominant. This guna is having tendency to designate the activities .It leads to restless efforts the enjoyment .This Kaya is again sub divided into 6 types :-

- 1-Asura Kaya:-  
These person are abounding in wealth and power .They are terrible, valorous jealous ,eat more and alone without sharing .
- 2 -Pishacha Kaya:-  
Hot tempered ,sexy ,noshy ,courageous .
- 3 -Pret Kaya :-  
Lazy, greedy always leading miserable life. They never want to see raising persons .

**4 -Sarpa Kays :-**

They are irritable , doing hard work ,lack of courage ,double dealer ,hurry in action and behaviours .

**5 -Shakuna Kaya :-**

They are sexually intemperate, sticky and fickle minded .

**6 -Rakshasa Kaya :-**

These person are jealous, irreligious and ignorant .

**Tamas Kaya Lakshanas:-**

These Kaya person are TAMOGUNA Predominant .This signifies solid and offers resistance .It produces lack of interest in activities .

This prakriti divides again into 3 type.

**1 -Pashu Kaya :-**

These person are dirty and dull mind .They do not resist any obstructions .They dream sexual intercourse and behave like a animal .

**2 -Vanaspatyakaya:-**

Want to remain at one place. Always eating and drinking, away from good and religious things .

**3 -Matsya Kaya:-** cowardice, greediness for food, unsteadiness .less intelligent**Some factors**

1. Bala of an individual can be determined on the basis of prakriti. Ex-

Vataprakriti person are having less strength.

Pittaprakriti person moderate.

Kaphaprakriti person are having good strength.

2. It helps in the diagnosing the disease. Because particular disease affecting to the particular person. Ex-

Kaphaja person are more prone to kaphajavikaras like AJIRANA, AGNIMANDHAYA, PRATISHAYA etc.

Pittaj and vataprakriti person are more prone to pittaj and vatavikaras respectively :

3. It helps for the line of treatment ex – in AMAJA vyadhis like Jawar for kaphaja person we can complete Apatarpanchikitsa .Where as in case of the Vataprakriti person that cannot be adopted completely

4. Depend upon prakritiphysician can decide the BHASHAJYA matras .EX :-

VATAJ PRAKRUTI - Alpamatra

PITTAJ PRAKRUTI - Madhyamatra

KAPHAJ PRAKRUTI - Atimatra

5. On the basis of prakriti person can adopt the Dinacharyas and ritucharyas as per the need of prakriti and also existing Ritu to keep the doshas in equilibrium state and to maintain the health. EX – kaphaprakriti person – need more exercise to keep their body fit and they should avoid Diwaswapna .

**Vataprakriti person advise to nutritious food, less exercise, he can enjoy Diwaswapna.**

Features	Vata	Pitta	Kapha
Physique	Lean built	Moderately built	Well built
Complexion	Dark	Yellowish, Wheatish-fair	Very fair
Skin	Dry and rough	Oily, smooth and with more freckles	Soft and smooth
Hair	Thin, brittle, dry	Straight brown, gray oily hair	Long, thick, dense black hair
Teeth	Protruding, crooked with thin gums	Medium, yellowish teeth with soft gums	White teeth with strong gums
Nails	Thin and brittle	Soft and pink	Thick and white
Cheeks	Sunken	Flat	Plump
Lips	Cracked, black or brown	Smooth and red	Soft, pale or whitish
Appetite	Irregular	Strong	Low
Digestion	Irregular	Quick	Slow
Liking towards taste	Sweet, sour and salty	Sweet, bitter and astringent	Pungent, astringent and bitter
Bowel movements	Hard and constipated. More prone to flatulence	Loose	Moderate- solid
Activity level	Always active	Moderate	Slow, sluggish and sedentary
Memory and intellectual level	Quick in grasping and poor memory	Moderate	Slow in grasping with very good memory
Emotions	Fearful and anxious	Short tempered	Cool and calm
Sleep	Little and disturbed sleep	Moderate and good sleep	Prolonged and very sound sleep
Speech	Fast and irrelevant	Sharp	Commanding and clear

**Importance of Prakriti-**

Prakriti has great importance in both healthy and diseased persons. It is comprehensive in scope, spanning all physical, mental, psychological and social aspects. Prakriti and Sattva Pariksha (investigations) have been included in ten-fold investigation methods i.e Dashavidha Atura-Pariksha in Ayurveda. Determination of Prakriti not merely helps diagnosis but also provides detailed instructions to adopt healthy life style for good health. The clinical and therapeutic utility of the knowledge of Prakriti has been vibrantly described by the Acharya. we observe different individuals and their nutritional requirements, their tolerance to the atmosphere or their behavior patterns we find that for maintaining health ,they have different needs , they may prefer different type of food ,drink, activity Therefor ,it becomes clear that tolerance to food ,drink or environment cannot be decided by the analytical study of body tissue .It depends upon individuals constitutions .By understanding the constitution of every individuals ,we know which food and drink and what type of job and exercise are appropriate for maintaining their health .For maintenance of health ,every person know his or her constitutions .We have seen that in each constitutions there is predominance of one or more doshas .If the daily activities ,diet ,occupation and behavior are not adjust to balance this ,then the constitutional humor will increase ,thus giving rise to its characteristic disease .If the constitution is known then herbs diet and other regimens including yogic postures can be advised correctly both for disease treatment and to promote health .Prakriti also determines the response of an individual to environmental factors, drugs and susceptibility to diseases making it one of the earliest known concepts of predictive, preventive and personalized or genomic medicine. So, Prakriti emphasizes on the individuality and plays an important role in diagnosis, preventive medicine, and therapeutics longevity.

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